

January to March 2026 Programme

East Suffolk Council and surrounding area

FREE Wellbeing Walks are led by trained volunteers across the county, offering something for everyone.

Find your local walk today!

Date	Name of Walk	Grade	Mins	Start Time	Meeting Point/Parking Information & Post Code for meet point
Thur 1 st Jan	Sutton Hoo Strollers Booking advised –not essential	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Fri 2 nd Jan	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 5 th Jan	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 5 th Jan	Halesworth Millennium Explorer Walk	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 6 th Jan	Mindful Gunton Wood Walk with Rachel	2	60	9:45am	Meet at the entrance to the woods, at the north end of Gunton Church Lane, NR32 4LF. Not suitable for wheelchair users.
Wed 7 th Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12:50pm. Not suitable for wheelchair users.
Thur 8 th Jan	Reydon Smear	3	60-75	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Mon 12 th Jan	Circular walk around Millennium Green and Halesworth Cemetery	3	75	2:30pm	Meet in the Thoroughfare car park, Halesworth behind the White Hart, IP19 8AH. This walk is not wheelchair accessible. Dogs permitted on a short lead.
Tues 13 th Jan	Walk from Kesgrave Scout Hall to Mill Stream and back	4	90	10:30am	Meet and park at Kesgrave Scout Hall, IP5 1JF. There is free parking available and dogs are welcome but must be on a short lead at all times.
Wed 14 th Jan	Lowestoft – Waterlane Leisure Centre to Sparrow's nest	2/3	From 30 up to 90	9:30am	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking agreed in leisure centre car park. NR32 2NH. Or meet outside Martello Coffee House at 10.00am. Free parking in car park opposite Sparrows Nest, Whapload Road, Lowestoft. NR32 1XG. Suitable

					for wheelchair users. Dogs welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 14 th Jan	Walking Westleton Woods	4	45	11:30am	From Westleton Village Stores travel up Bakers Lane/Mill Road for 0.7 miles past national speed limit signs. Watch for where the hedgerows/trees on the right-hand side to finish, turn right and park on the field edge. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 14 th Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thurs 15 th Jan	Reydon – Mount Pleasant/ Recreation Ground	2	Up to 60	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Not suitable for wheelchair users. Dogs not welcome on this walk.
Fri 16 th Jan	Walk around Woodbridge and the surrounding area (Martlesham)	5	90	10:30am	Meet in the car park at Martlesham Church, Church Lane, Martlesham, IP12 4PQ. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 19 th Jan	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 19 th Jan	Circular walk around the edge of Halesworth Town	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tues 20 th Jan	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 21 st Jan	Walk around Leiston and the surrounding area	2	60	11:00am	Meet at the car park opposite Leiston Library, Main Street, Leiston, IP16 4ER. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 21 st Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thur 22 nd Jan	Walk around the Gorse Road/ Hill Road in Reydon	2	60	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Suitable for wheelchair users. Dogs welcome on a short lead.
Mon 26 th Jan	Halesworth Millennium Explorer Walk	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 27 th Jan	South Pier to Pakefield Cliffs and back (Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 0AP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 27 th Jan	Walk from The Newbourne Fox to Hemley Church	4	90	10:30am	The meet point is the Newbourne Fox pub car park (please park in the car park opposite the pub). IP12 4NY. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 28 th Jan	RSPB Minmere Reserve – Woodland Walk	4	60/90	11:00am	Meet outside the cafe. Walk through the shop to the outside seating area. Donations welcome for parking.

					Not suitable for wheelchair users. RSPB Minesmere, Sheepwash Lane, Saxmundham, IP17 3BY.
Wed 28 th Jan	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thur 29 th Jan	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Meet at Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Fri 30 th Jan	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 2 nd Feb	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 2 nd Feb	Halesworth Countryside and Town Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 3 rd Feb	Mindful Gunton Wood Walk with Rachel	2	60	9:45am	Meet at the entrance to the woods, at the north end of Gunton Church Lane, NR32 4LF. Not suitable for wheelchair users.
Wed 4 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thurs 5 th Feb	Sutton Hoo Strollers Booking advised –not essential	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking. IP12 3DJ.
Thurs 5 th Feb	Reydon – Keens Lane Circular	4	Up to 60	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Dogs welcome on a short lead. Not suitable for wheelchair users.
Thu 5 th Feb	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1/2	30	2:00pm	Meet at the main entrance near ‘Banksy’ Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for wheelchair users. Dogs welcome on a short lead. Parking - £1.00 for 2 hours.
Mon 9 th Feb	Halesworth Orchard Walk	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 10 th Feb	Walk from the Martlesham Community Centre to the Church and back	4	90	10:30am	Meet in the car park at Martlesham Community Centre. Not suitable for wheelchair users. Dogs welcome on a short lead. Martlesham, IP12 4SE.
Wed 11 th Feb	Lowestoft – Waterlane Leisure Centre to Sparrow’s nest	2/3	From 30 up to 90	9:30am	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking agreed in leisure centre car park. NR32 2NH. Or meet outside Martello Coffee House at 10.00am. Free parking in car park opposite Sparrows

					Nest, Whapload Road, Lowestoft. NR32 1XG. Suitable for wheelchair users. Dogs welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 11 th Feb	Playford to Tuddenham	5	90	10:30am	Meet at Playford Village Hall, Hill Farm Road, IP6 9DU. Not suitable for wheelchair users due to the terrain. Not suitable for dogs as well.
Wed 11 th Feb	Walking Westleton Woods	4	45	11:30am	From Westleton Village Stores travel up Bakers Lane/Mill Road for 0.7 miles past national speed limit signs. Watch for where the hedgerows/trees on the right-hand side to finish, turn right and park on the field edge. Not suitable for wheelchair users. Dogs are welcome on a short lead.
Wed 11 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thu 12 th Feb	Reydon Smear	3	60-75	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Thurs 12 th Feb	Walk along Dunwich	4	90	11:00am	Meet from 10:50am to start for 11:00am at Dunwich Beach car park, Beach Road, Dunwich, IP17 3EN. Not suitable for wheelchair users.
Fri 13 th Feb	Woodbridge and surrounding area (Melton)	4	90	10:30am	Meet at the car park at Melton Playing Field, Melton Road, Woodbridge. Parking also available on the road adjacent to the playing field. Melton, IP12 1NX.
Mon 16 th Feb	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 16 th Feb	Circular walk around the edge of Halesworth Town	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tues 17 th Feb	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 18 th Feb	Walk around Leiston and the surrounding area	2	60	11:00am	Meet at the car park opposite Leiston Library, Main Street, Leiston, IP16 4ER. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 18 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thur 19 th Feb	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Meet at Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 23 rd Feb	Walk around Abbey Grove and The Grove, plus adjacent lanes and footpaths – Felixstowe	4	80	10:45am	Meet on the grass bank at the far end of Eastlands Free car park, by Abbey Grove. IP11 9GA. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 23 rd Feb	Halesworth Town Farm Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH.

					Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 24 th Feb	South Pier to Pakefield Cliffs and back(Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 0AP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users. Dogs welcome on a short lead.
Tues 24 th Feb	Walk from Kesgrave Scout Hall to Mill Stream and back	4	90	10:30am	Meet and park at Kesgrave Scout Hall, IP5 1JF. There is free parking available and dogs are welcome but must be on a short lead at all times.
Wed 25 th Feb	RSPB Minsmere Reserve – Woodland Walk	4	60/90	11:00am	Meet outside the cafe. Walk through the shop to the outside seating area. Donations welcome for parking. Not suitable for wheelchair users. RSPB Minsmere, Sheepwash Lane, Saxmundham, IP17 3BY.
Wed 25 th Feb	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thurs 26 th Feb	Reydon St Felix walk	3	Up to 90	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Fri 27 th Feb	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 2 nd March	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 2 nd March	Halesworth Millennium Explorer Walk	3	75/90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 3 rd March	Mindful Gunton Wood Walk with Rachel	2	60	9:45am	Meet at the entrance to the woods, at the north end of Gunton Church Lane, NR32 4LF. Not suitable for wheelchair users.
Wed 4 th March	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thurs 5 th March	Walk around the Gorse Road/ Hill Road in Reydon	2	60	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Suitable for wheelchair users. Dogs welcome on a short lead.
Thurs 5 th March	Sutton Hoo Strollers Booking advised –not essential	3	60	10:30am	Meet at the visitor entrance to Sutton Hoo after parking.IP12 3DJ.
Thurs 5 th March	Lowestoft – Nicholas Everitt Park – gentle relaxing stroll	1/2	30	2:00pm	Meet at the main entrance near ‘Banksy’ Artwork Platform. Nicholas Everitt Park, Bridge Road, Oulton Broad, Lowestoft, NR33 9JR. Suitable for wheelchair users. Dogs welcome on a short lead. Parking - £1.00 for 2 hours.

Mon 9 th March	Halesworth Countryside and Town Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 10 th March	Walk from the Martlesham Heath to Fynn Valley and back	4	90	10:30am	Meet at Martlesham Square / Douglas Baber pub, Martlesham, IP5 3SL. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 10 th March	Walk around Thorpeness	4	90	11:00am	Meet at 10:50am for a 11:00am start. Meet next to the small pond near the entrance to The Meare, Thorpeness, IP16 4NW. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 11 th March	Lowestoft – Waterlane Leisure Centre to Sparrow's nest	2/3	From 30 up to 90	9:30am	Meet at Waterlane Leisure Centre, Lowestoft at 9.30am. Free parking agreed in leisure centre car park. NR32 2NH. Or meet outside Martello Coffee House at 10.00am. Free parking in car park opposite Sparrows Nest, Whapload Road, Lowestoft. NR32 1XG. Suitable for wheelchair users. Dogs welcome on a short lead. Allow 2.5 hours in total (includes coffee stop).
Wed 11 th March	Bucklesham to Brightwell	5	90	10:30am	Meet opposite The Shannon Pub, Main Road, Bucklesham, IP10 0DY. Not suitable for wheelchair users. Not suitable for dogs.
Wed 11 th March	Walking Westleton Woods	4	45	11:30am	From Westleton Village Stores travel up Bakers Lane/Mill Road for 0.7 miles past national speed limit signs. Watch for where the hedgerows/trees on the right-hand side to finish, turn right and park on the field edge. Not suitable for wheelchair users. Dogs are welcome on a short lead.
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Thu 12 th March	Reydon Smear	3	60-75	10:30am	Free parking at Sole Bay Health Centre, Teal Close, Reydon, IP18 6GY. Though please avoid if busy. Meet on Jubilee Green opposite the Health Centre. Suitable for wheelchair users. Dogs welcome on a short lead.
Fri 13 th March	Woodbridge and surrounding area (Sutton Heath)	3	75	10:30am	Sutton Heath car park is on the B1083. From Woodbridge, go passed Melton Station. Go over Wilford Bridge. Take the right at the mini roundabout, passed Sutton Hoo on the right. Keep STRAIGHT ON and do not take the road to the left. There is a large car park on the left about a mile from the Sutton Hoo turning. IP12 3TG.
Mon 16 th March	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 16 th March	Halesworth Orchard Walk	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 17 th March	Framlingham walk round the town and surrounding countryside	4	90	10:45am	Opposite Castle Inn, Church Street - IP13 9BP. Parking charges may apply. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 18 th March	Walk around Leiston and the surrounding area	2	60	11:00am	Meet at the car park opposite Leiston Library, Main Street, Leiston, IP16 4ER. Parking charges may apply.

					Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 18 th March	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thurs 19 th March	Reydon – Fishing Lakes Walk	3	Up to 75	10:30am	Meet at Sole Bay Health Centre, Teal Close, Reydon, Southwold, IP18 6GY. Meet on Jubilee Green opposite the Health Centre. Free parking at the health centre. Avoid if busy. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 23 rd March	Walk along the footways and paths around Felixstowe and some Cliff top paths	4	80	10:45am	Meet and park for free at the Brackenbury Leisure Centre on High Road East, Felixstowe, IP11 9JF. Not suitable for wheelchair users and dogs welcome on a short lead.
Mon 23 rd March	Circular walk around the edge of Halesworth Town	3	90	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH
Tues 24 th March	Walk from Bucklesham to Brightwell	4	90	10:30am	Meet in The Shannon Pub, Main Road, Bucklesham, IP10 0DY. Not suitable for wheelchair users. Dogs welcome on a short lead.
Wed 25 th March	RSPB Minsmere Reserve – Woodland Walk	4	60/90	11:00am	Meet outside the cafe. Walk through the shop to the outside seating area. Donations welcome for parking. Not suitable for wheelchair users. RSPB Minsmere, Sheepwash Lane, Saxmundham, IP17 3BY.
Wed 25 th March	Weekly Haven Health Wellbeing Walk (Felixstowe) short and long walk	2/4	60/90	1:00pm	Meet in the Haven Health Reception, Grange Farm Avenue, Felixstowe, IP11 2XD, from 12.50pm. Not suitable for wheelchair users.
Thurs 26 th March	Reydon – Keens Lane Circular	4	Up to 60	10:30am	Sole Bay Health Centre, Teal Close, Reydon, Southwold. Meet on Jubilee Green opposite the Health Centre. There are places to park safely on neighbouring roads – IP18 6GY. Dogs welcome on a short lead. Not suitable for wheelchair users.
Fri 27 th March	Walk around Woodbridge and the Surrounding areas	3	60-75	10:30am	Meet on the grassed area in front of the Health Centre next to Notcutts Garden Centre. There is some on street parking available and some car parks close by at Kingston Playing Fields. IP12 4FD. Not suitable for wheelchair users. Dogs welcome on a short lead.
Mon 30 th March	Gentle Walk along Felixstowe Prom and return through either Langer Park or Maybush Lane	1/2	Up to 60	10:45am	Meet at the front of Felixstowe Leisure Centre on Undercliff Road West, IP11 2AE. Pay and display parking located next to leisure centre. Dogs welcome on a short lead. Suitable for wheelchair users.
Mon 30 th March	Halesworth Town Farm Walk	3	75	2:30pm	Meet in the Thoroughfare car park in Halesworth behind White Hart. Parking 2 hours £1.00 - IP19 8AH. Not suitable for wheelchair users. Dogs welcome on a short lead.
Tues 31 st March	South Pier to Pakefield Cliffs and back (Lowestoft)	3	90	10:30am	Meet outside East Point Pavilion, Royal Plain, Lowestoft, NR33 0AP. Parking charges apply on Royal Plain car park. Suitable for wheelchair users. Dogs welcome on a short lead.

If this is your first Wellbeing Walk, then welcome! Please note at your first Wellbeing Walk, the walk leader will ask you to complete a New Walker Registration Form before the walk starts.

Assistance dogs are welcome on all walks. Walks that do not allow dogs are noted in the programme. For more information about refreshments and/or toilets available, to check on parking and any charges, whether a walk is accessible for wheelchairs, or via public transport, please do not hesitate to check via the website -

<https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/>, contact our Feel Good Suffolk Advisors on 0345 603 4060 or email wellbeingwalks@suffolk.gov.uk for more information.

Please refer to the website for the most up-to-date programme as scheduled walks are subject to change - www.ramblers.org.uk/go-walking/wellbeing-walks

Programmes also available for East Suffolk District Council, Mid Suffolk and Babergh District Councils, Ipswich Borough Council and West Suffolk District Council.

Please contact us for a copy - <https://feelgoodsuffolk.co.uk/be-active/wellbeing-walks/>



Walk Grading Criteria

- A Grade 1 walk (Easy Access) is a short (between 30 & 45 mins), slower pace and over easy, flat terrain. They are open to everyone but are aimed at those who are least active and are suitable for wheelchair users.
- A Grade 2 walk (Easy) is like Grade 1, but likely to be a bit longer, and mainly on a flat surface – up to 60 minutes.
- A Grade 3 walk (Leisurely) is up to 75 minutes, usually around 2 miles. There may be some slopes, but good surfaces for walking on.
- A Grade 4 walk (Moderate) is more challenging, may include steeper slopes, rough ground, or mud in wet weather – between 60/90 minutes.
- A Grade 5 walk (Challenging) is anything up to 90 minutes, and not more than 5km/3miles. It can include stiles, uneven and varied terrain underfoot. Often includes steeper slopes/hills and likely to be faster in pace.